

# Label Reading

Serving sizes are now more consistent across product lines, stated in both household and metric measurements, and reflect the amounts people actually eat.

The list of nutrients covers those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat, for example), rather than too few vitamins or minerals, as in the past.

The label tells the number of calories per gram of fat, carbohydrates and protein.

Nutrition Facts			
Serving Size 1/4 cup (30g)			
Servings Per Container 7 1/2			
AMOUNT PER SERVING			
Calories 130		Calories from Fat 45	
		% Daily Value*	
Total Fat 5g		8%	
Saturated Fat 5g		25%	
Cholesterol 0mg		0%	
Sodium 25mg		1%	
Total Carbohydrate 24g		8%	
Dietary Fiber 1g		4%	
Sugars 10g			
Protein 1g			
Vitamin A	0%	Vitamin C	2%
Calcium	6%	Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400 mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9		Carbohydrates 4	Protein 4

New title signals that the label contains the newly required information.

Calories from fat are now shown on the label to help consumers meet dietary guidelines that recommend people get no more than 30 percent of their calories from fat.

% Daily Value shows how a food fits into the overall daily diet.

Daily Values are also something new. Some are maximums, as with fat (65 grams or less); others are minimums, as with carbohydrates (300 grams or more). The daily values on the label are based on a daily diet of 2,000 and 2,500 calories. Individuals should adjust the values to fit their own calorie intake.